CoLab 2024
Rhythms from the Heart Project
Trinity Laban Conservatoire
of Music & Dance,
London, UK
Felice Pomeranz

Rhythm Bootcamp

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Examples of ♩ note time: 2/4, 4/4, 6/4 and odd meters: 3/4, 5/4, 7/4

Examples of ♪ note time: 3/8, 5/8, 6/8 and triplet figures: 9/8, 12/8, 15/8

Examples of 𝅗𝅥 note time: 2/2, 3/2, 4/2

Harpy Figures: The Quintuplet, Sextuplet, Septuplet

Subdivide! S u b d i v i d e !

The Difference between ♪ note triplets **, and ♩ note triplets**

Navigating tied notes/syncopation

Changing meters

Polyrhythms: 2 against 3, 3 against 2, 4 against 3, 3 against 4, 2 against 5, 3 against 5.

Final thoughts/questions

Gentle Soul

(for Morty)

Example of 6/8 time

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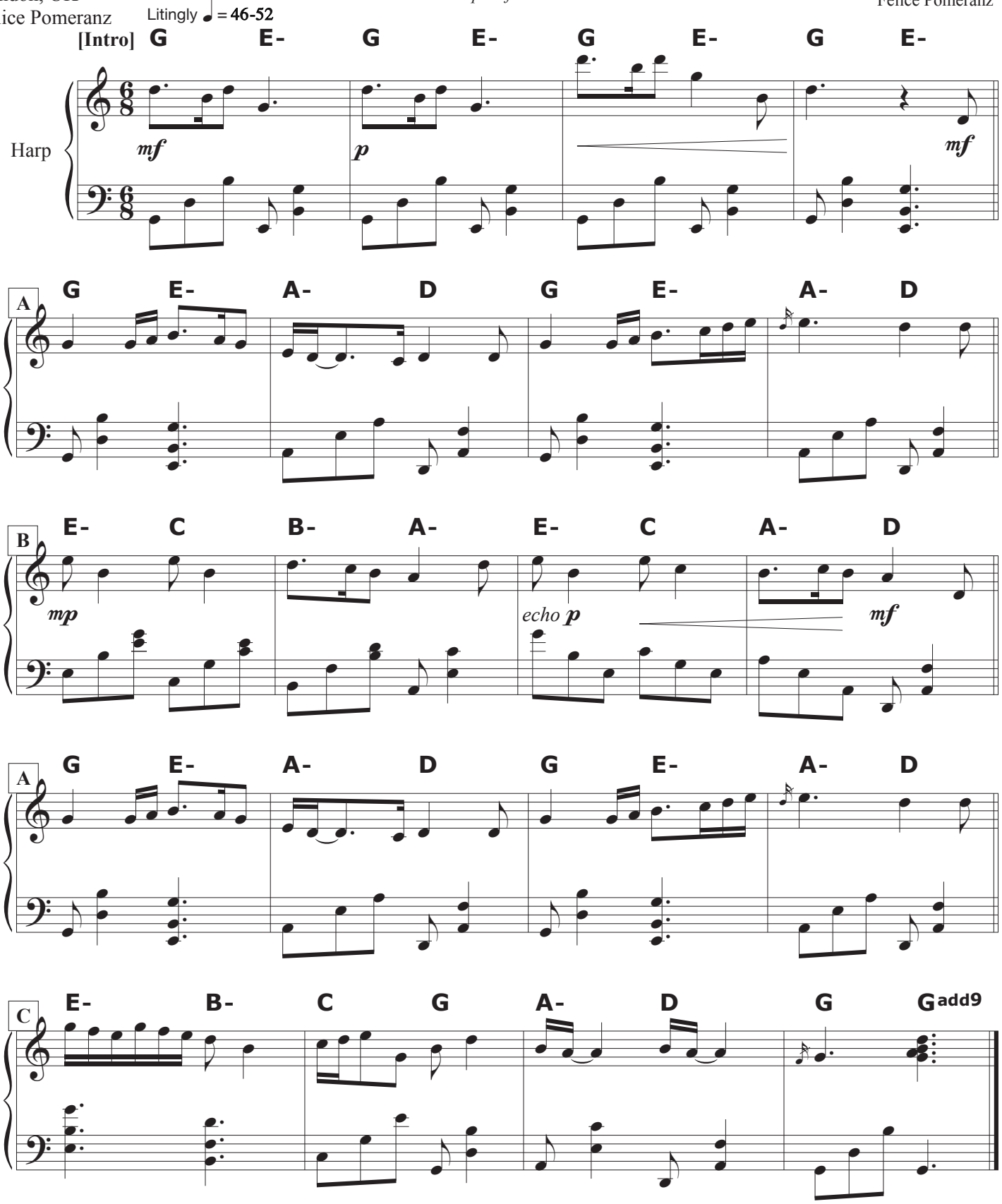

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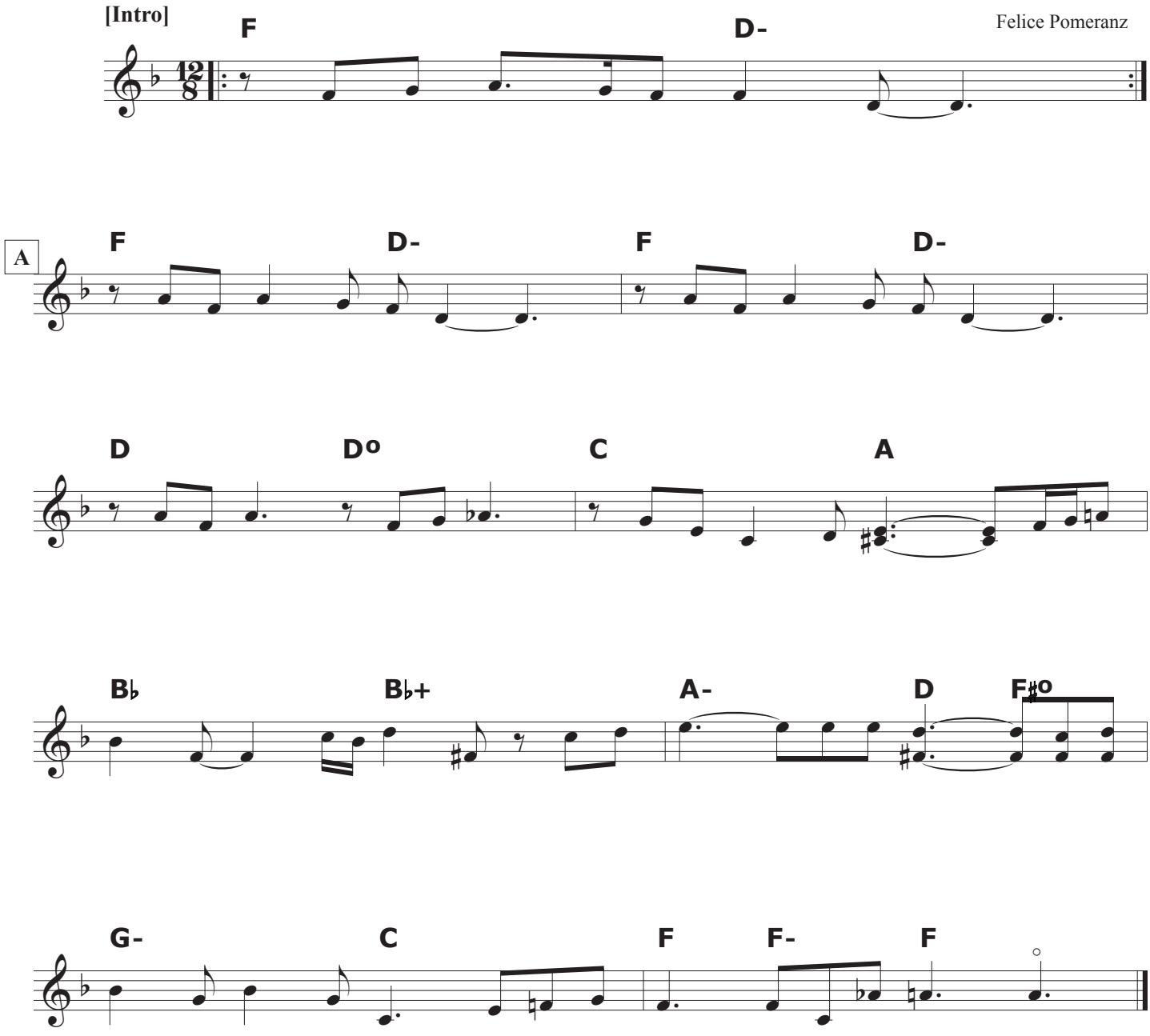
Paul's Song

Example of 12/8 time



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Rhapsodie

(excerpt)

Example of Quintuplets, Sextuplets, and Septuplets

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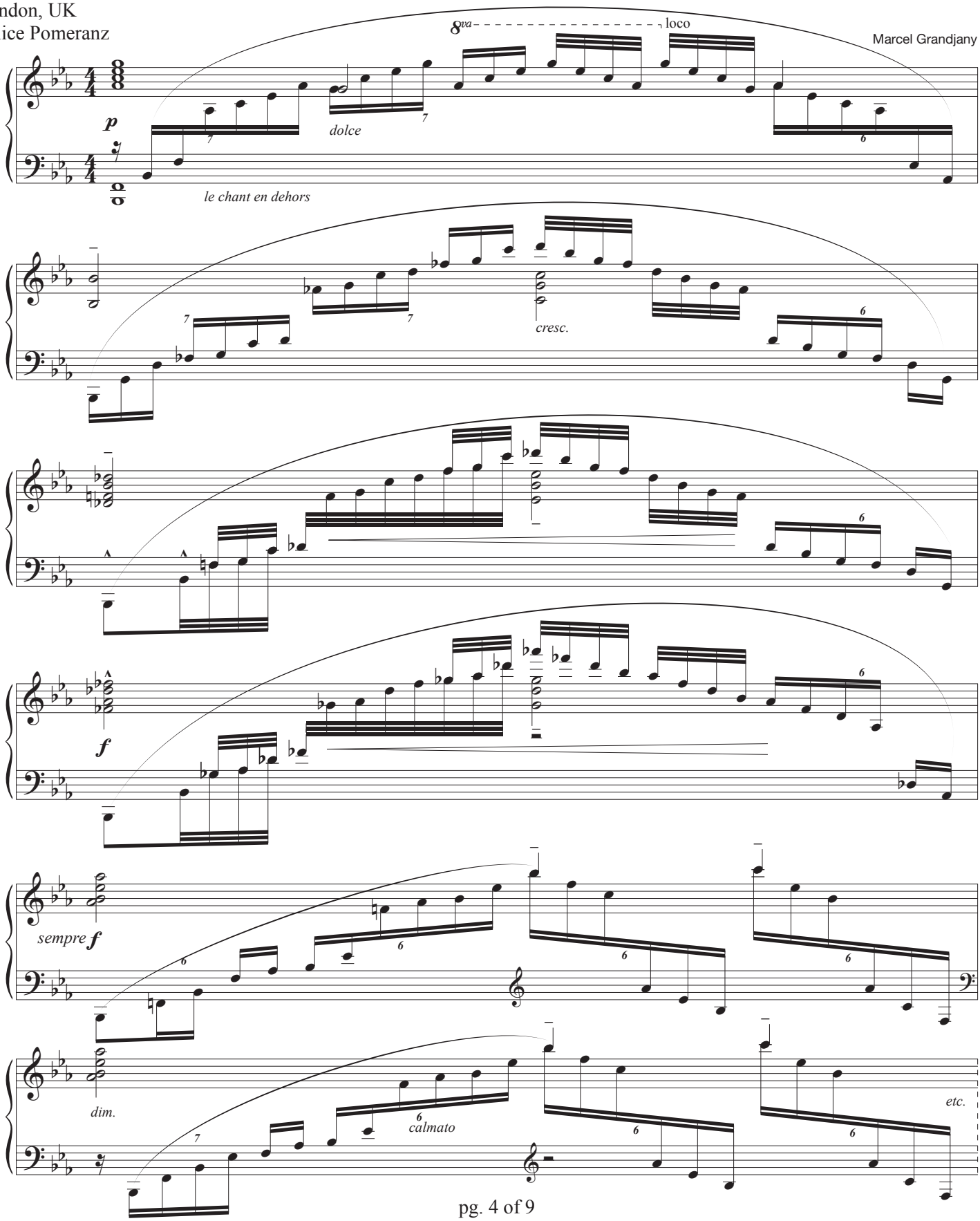
Marcel Grandjany



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CC Dreams

Example of tied notes and syncopation

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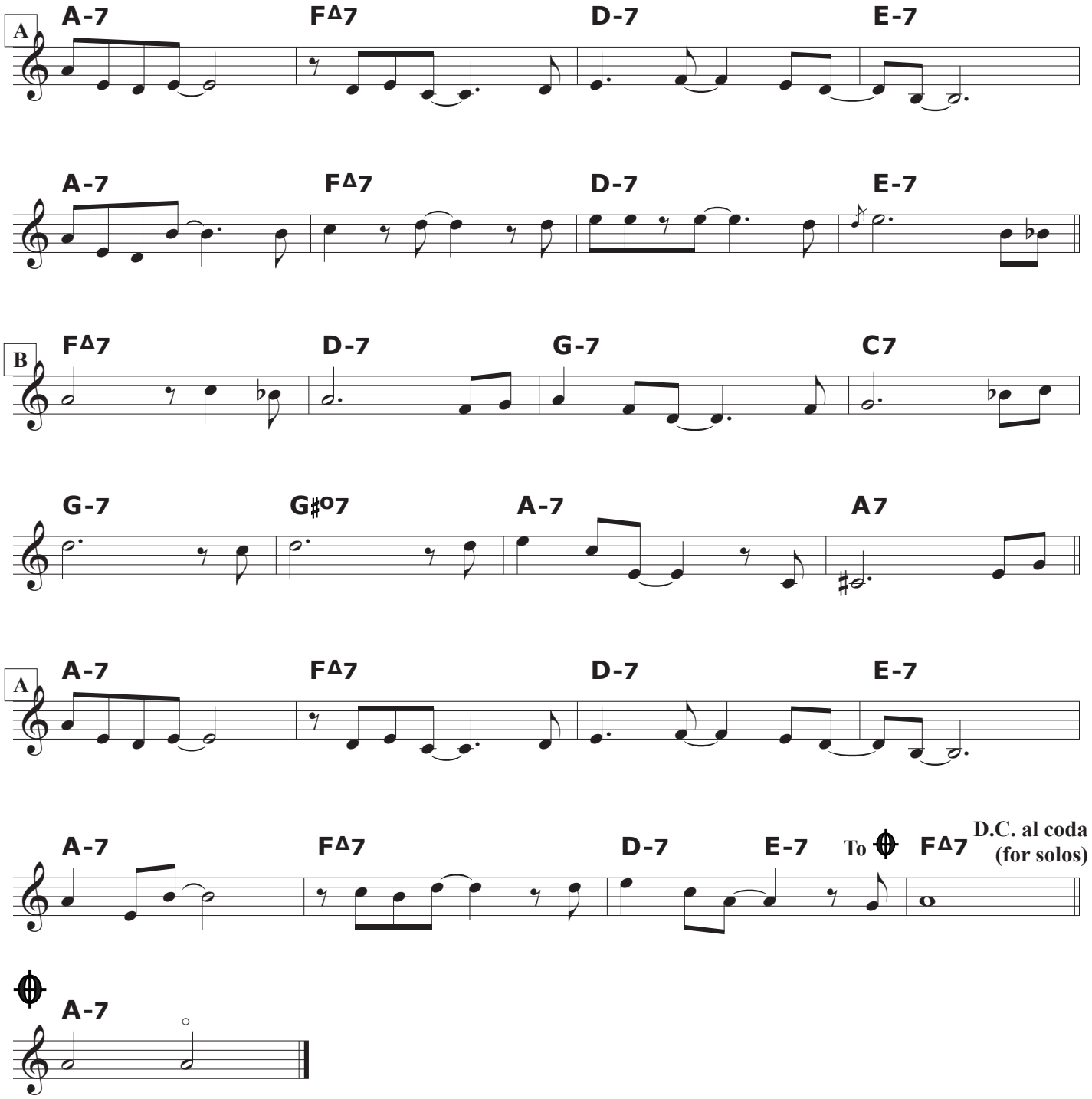

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Multi-Meter Etude in A Minor

Example of a modulating etude in several meters

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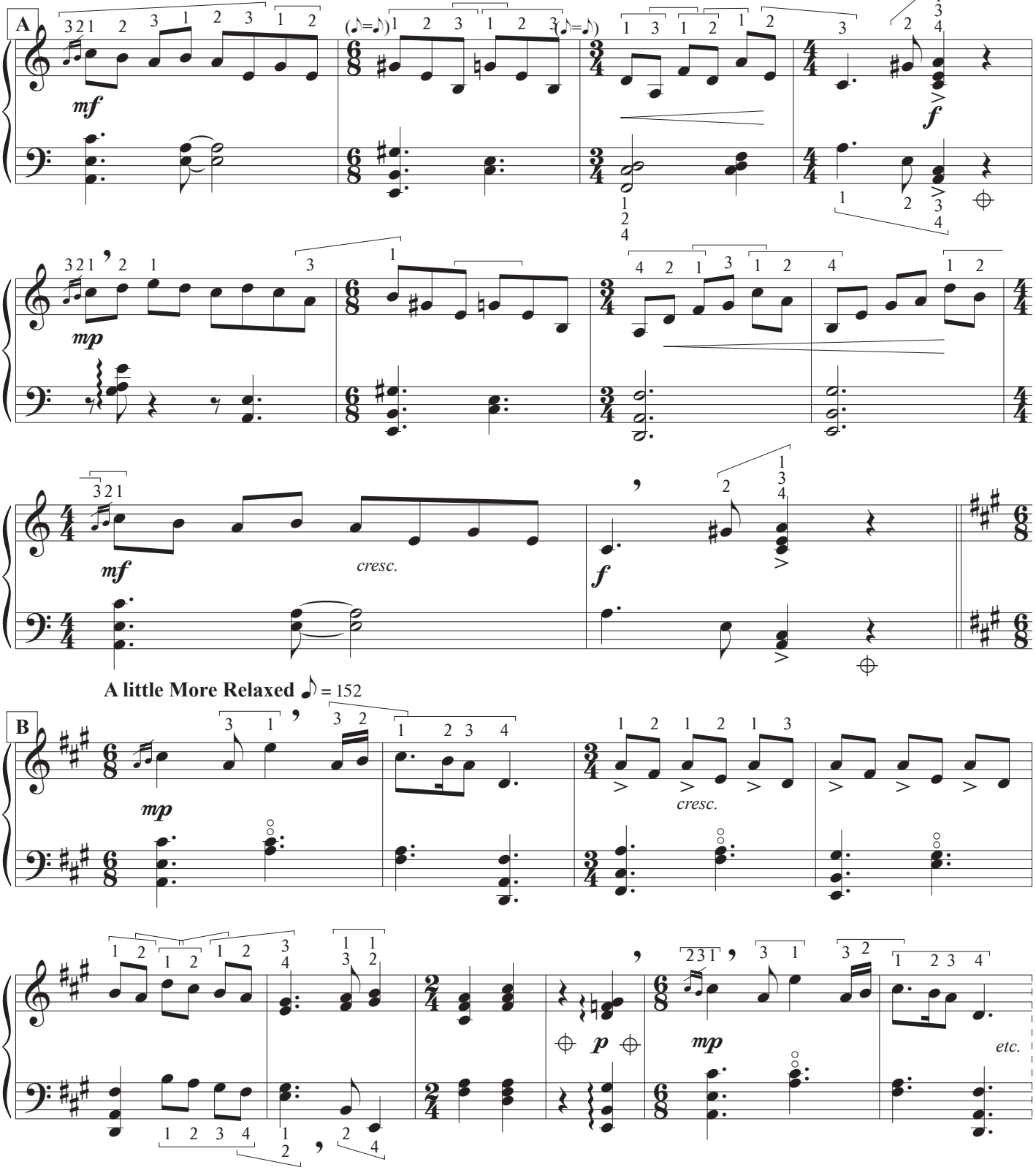
Alla Danza ♪ = 170 - 176



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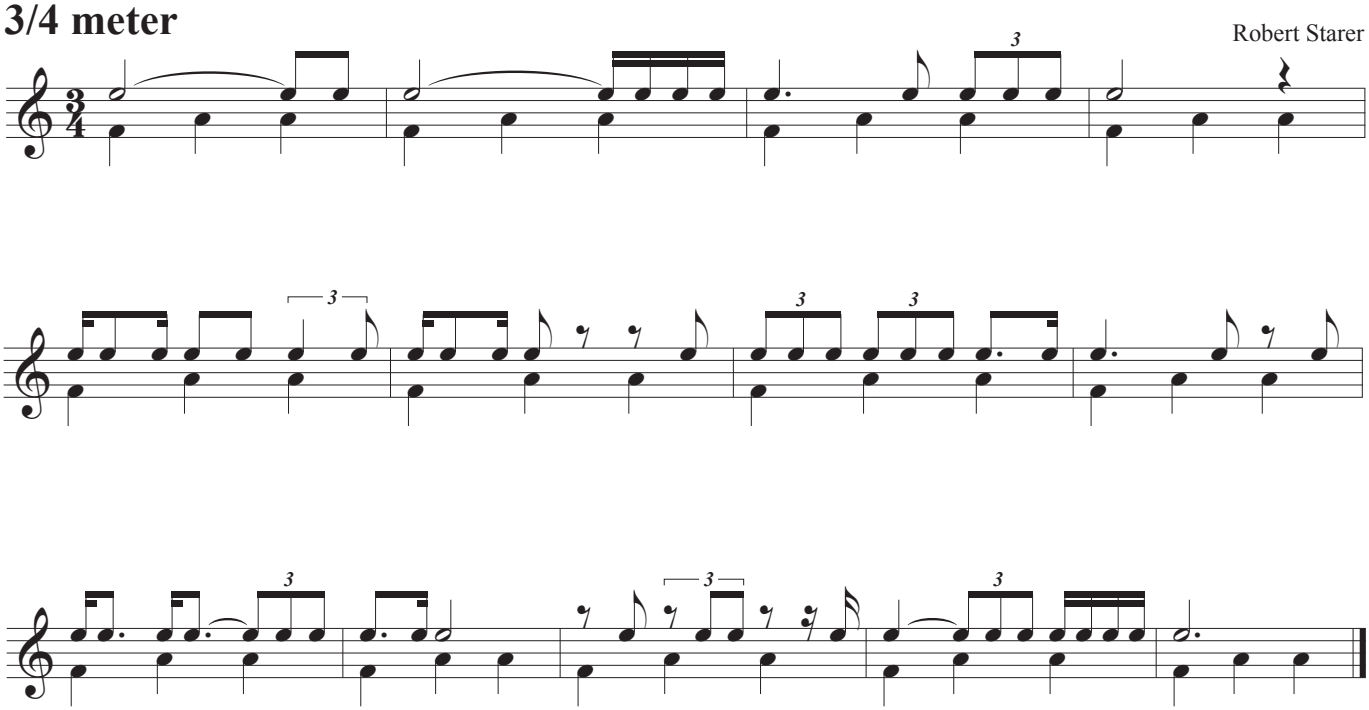
Rhythmic Training

(excerpt)

3/4 meter

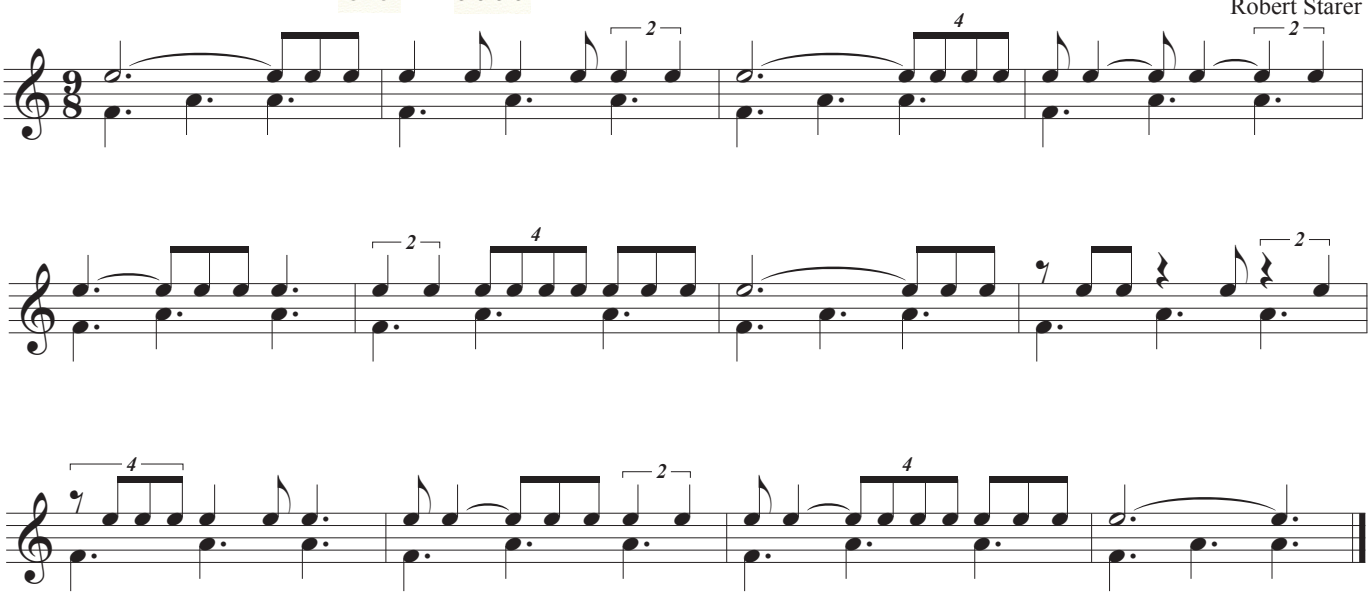
Robert Starer



9/8 meter

In this exercise the notations and are used

Robert Starer



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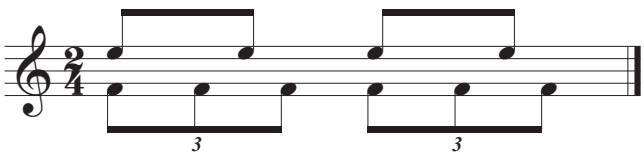
Rhythmic Training

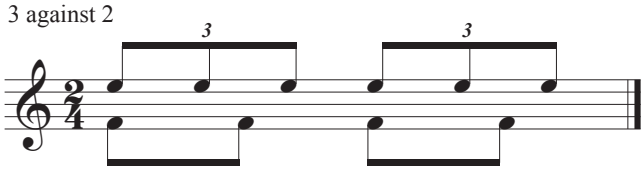
(excerpt)

Robert Starer

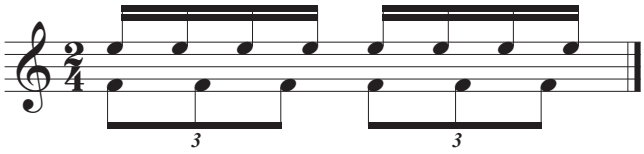
2 against 3



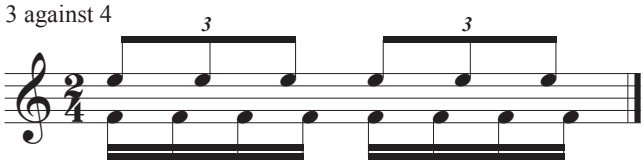
3 against 2



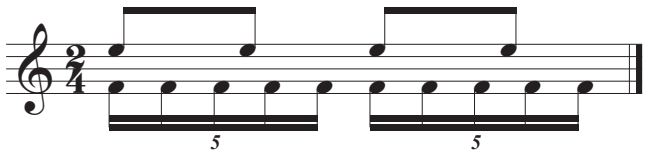
4 against 3



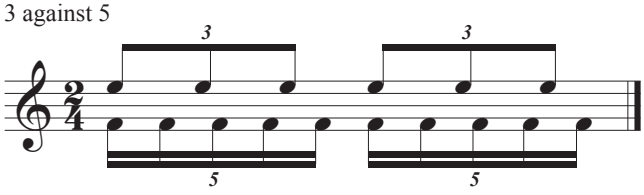
3 against 4



2 against 5



3 against 5



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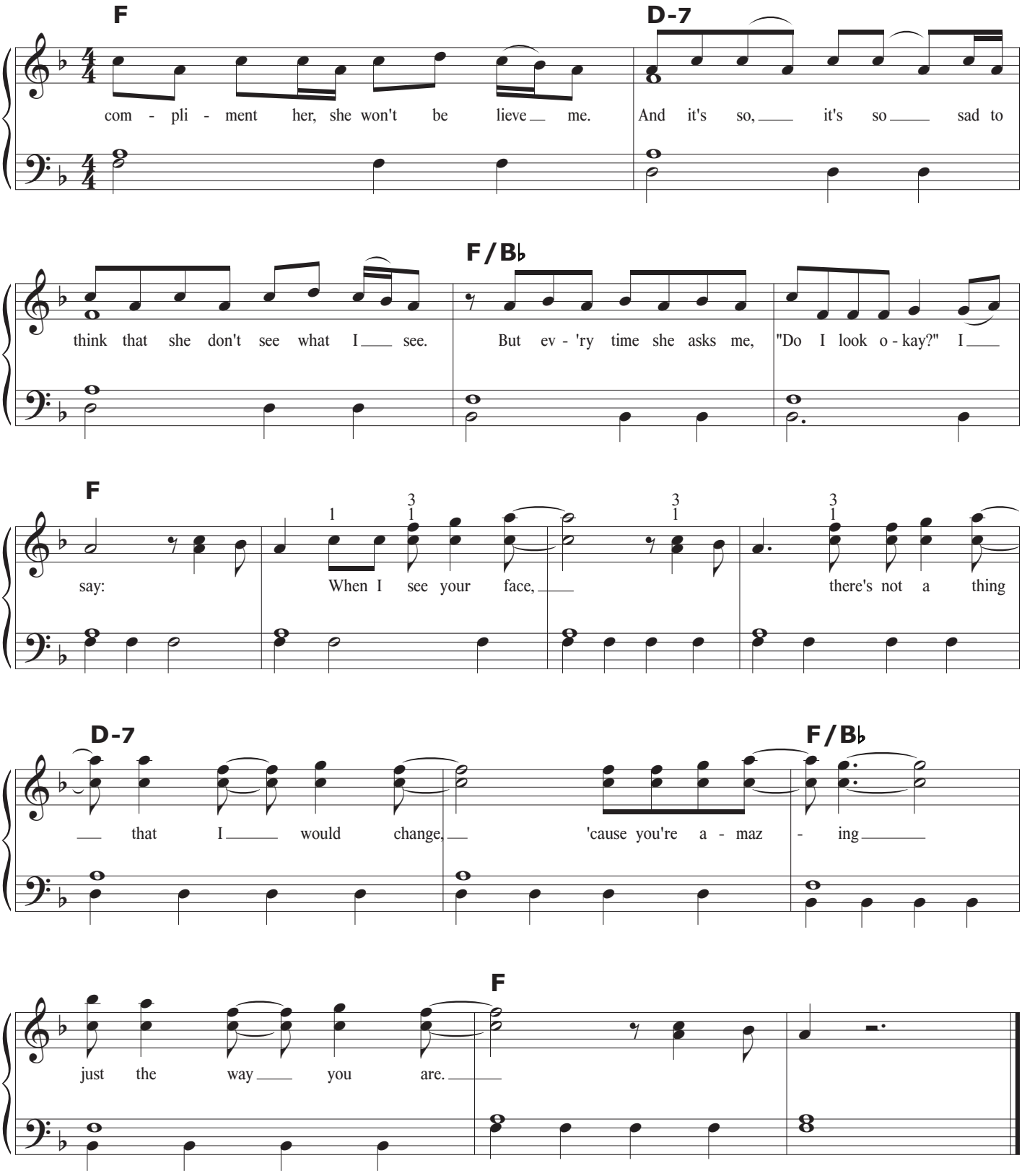
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